

NEW

2ND EDITION

Organized by supermarket aisles

Pocket Guide to

Low Sodium Foods

**Over 3,000 generic and brand name foods
for low-salt diets**

PLUS nutritional info for:

- Calories • Fat • Cholesterol
- Sugar • Fiber • Carbohydrates

Bobbie Moshyn

**Updated and Expanded
Fast Food and
Restaurant
Data**

Bobbie Mostyn

Pocket Guide to Low Sodium Foods



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Specifically targeted at individuals on a sodium-restricted diet, this nutritional counter addresses which supermarket products and junk food items have the lowest sodium contents and simplifies the selection process by limiting its listings to Assistance in interpreting dining-out food labeling suggestions, nutritive value abbreviations and symbols, and information about items with low-sodium values.guidance on how best to read Furthermore to identifying sodium content, all foods contained in the information are analyzed by calorie consumption, carbohydrates, cholesterol, unwanted fat, saturated fat, trans fats, fiber, and sugar amounts.meals measurements and equivalents are included along with brief descriptions of each nutrient and its effect on blood pressure.



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Big Agra is definitely killing us all with sodium. My first reaction to this reserve was a Jaw Drop. How useful is the Pocket Guide?. Areas like Panera's, Bob Evans, California Pizza, Chick-Fil-A, Jimmy John's, KFC, McDonalds, Noodles and Co.. Statistically, 75% of sodium abuse will not happen at the table.... She's currently feeling better.. just lately advised to can get on a low sodium diet plan &.. purchased this reserve & And do not go by "serving size".. Or that "lower salt" means "low salt". Us citizens are being slowly brined without also trying, to the main point where they don't even taste it any longer. Do not wait till that shock bypass surgery, like I did (and We wasn't an ounce over weight or out of shape) High blood circulation pressure wreaks havoc with your heart AND your kidneys. But make no mistake, it's performing its job you silently. Next period you pick up that package or can, please browse the label and know that having your upper body cracked open and put back as well as stainless steel wires isn't fun, trust me. Be well--and bring this book with you to the shop. Eventually, after the shock and horror wear off, you will know how exactly to decipher what that may or box does to you daily. Fight back against Big Agra. Leave their sodium right there on the shelf. As more and more people do this, they'll obtain the picture that using sodium as a preservative to prolong shelf life practically indefinitely at the trouble of people's lives isn't suitable. Because I travel for function, having this is a REAL handy instruction for me to seek out lower sodium meals. It's in those condiments, processed foods, even packaged chicken is frequently treated with saline to maintain it., etc. It also lists the sodium articles in grocery items, ethnic foods and snack foods. It's an extremely practical publication and is approximately 3"x5" so could be easily carried in the glove compartment of your car for handy reference. Very useful with change in diet Sent this to my niece who all had to change her diet recently. She enjoys it and says it has been tremendously useful in choosing foods reduced sodium. um. outstanding help/value.... "Clean" as it travels to your supermarket from God-Knows-Where. having no idea which food type/brands i was lost... low sodium was told to view sodium in diet plan this book helps Good book for beginners This book needs an update. Something as small as a can of tomato soup can contain more sodium than any human body should endure in a single day. found it an excellent info foundation listing what meals types, brands etc i s/b looking for. If the publication contained more information about restaurants it will be much more useful. Make sure you beware: We are being loaded down with heart-killing sodium by Big Agra, people.. Furthermore, there's an extensive set of on-line resources behind the book. purchase worthy of every cent paid. If you fall for that technique, you have to suspend disbelief when they tell you that one may of soup contains 3 servings.. When you read your labels, please focus on sodium content. Useful If Slightly Outdated Guide A fantastic if somewhat outdated (as of this writing) mention of low sodium

foodstuffs. Found several useful links and tips while browsing it. Very Handy Due to my recent medical diagnosis of the beginning of kidney failing, I am on a jihad about sodium, I am aware this is not likely to get better but I really do not need to place my condition into overdrive. recipes workout well, taste great, gave the quantity of sodium you are consuming, so you may plan a meal with more than your limit adbs would recommend, price not Excellent, well-arranged guide I actually am a new-comer to a low-sodium diet and this is a great reference for me personally. I notice that some of the older meals guides don't also list sodium content. This one has the sodium content at the left part of the page so it's very easy to find. A few previous reviews mention the obscure brand-names of a few of the foods but I appreciate that. While many of the brand-brands are familiar if you ask me from the organic foods parts of supermarkets, I can make use of an obscure brand-name to do research.. Some things to note: some of the "lower-fat" versions of some foods have more sodium than the "regular" so that you can decide which attribute of the meals issues most on your diet. This guide is actually handy to help you to select everyday items such as for example breads, salad dressings, soups and snack-foods. I've currently sworn off fast food but if I am forced to produce a fast-meals selection, the menus are shown. Sodium listings offer an indispensable guideline. to the buyer and this book has recently helped me a lot. It's amazing (and horrific) just how much unneeded sodium lurks all over the place in a supermarket.? I take advantage of the guidebook when getting into calorie and salt info into my Fitbit when I really do not want to run out to the kitchen to find the Nutrition label. THE REDUCED Sodium Foods book has a good compilation of grocery food items but isn't very helpful while shopping because the relevant information is found on the labels for most products.? The restaurant segment is primarily fast food chains. This about the only way I use the book. Nearly all items found at junk food locations are usually too salty for individuals with salt limitations.. But I really do understand the issue with menu changes. Two Stars Wasn't what We was looking for—generally packaged foods and restaurant food items.. Okay I'm uncertain what I expected, but it had not been as amazing as I was hoping. very helpful very helpful for low or simply no sodium diets. A great publication for you if you want to keep your blood circulation pressure down and avoid future issues. The reduced sodium book I take advantage of the most I love this book especially since it lists several low sodium foods which can be ordered in fast food and casual eating restaurants. If you are searching at this review i quickly am preaching to choir. Five Stars Great, handy pocket edition to check sodium levels when mobile phone is not available.



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